

Updated COVID-19 Quarantine Guidance for the General Community



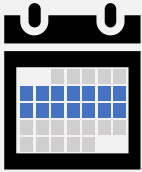
NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

While the **recommended quarantine period continues to be 14 days since the last date of exposure to COVID-19**, current data demonstrate that about **98% of exposed persons develop illness within 10 days after the last exposure to COVID-19**. This means that the quarantine period can be shortened with only a small increased risk of transmission.

NOTE: If quarantine is discontinued before day 14, the individual must continue to monitor for symptoms and strictly adhere to all prevention measures (e.g., mask wearing, social distancing, etc.) until 14 days after the last date of exposure.

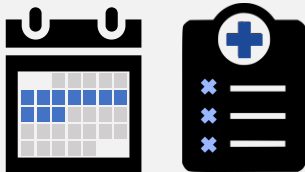
In the general community, quarantine can be ended if any of the following are true:

STANDARD QUARANTINE PERIOD



- **14 days** have passed since the last date of exposure to COVID-19 **AND**
- **No symptoms** have developed during this time period

ALTERNATIVE OPTION #1



- **10 days** have passed since the last date of exposure to COVID-19 **AND**
- **No symptoms** have developed during this time period

ALTERNATIVE OPTION #2



- **7 days** have passed since the last date of exposure to COVID-19 **AND**
- **No symptoms** have developed during this time period **AND**
- The contact **has a negative PCR or antigen-based test** collected at least 5 days after the last date of exposure to COVID-19

Alternative quarantine options 1 and 2 are at the discretion of the Local Health Department.



LEARN MORE

Additional information, including estimated risks of transmission for each strategy for release from quarantine, can be found at <https://www.cdc.gov/coronavirus/2019-ncov/more/scientific-brief-options-to-reduce-quarantine.html>. LHDs may tailor this guidance to select the quarantine periods for their county and/or for an individual.